

HEALTH

10 Tips for Preventing the Spread of Infection

Some diseases have become immune to the antibiotics we use. As a result, controlling diseases and preventing infections from spreading are more crucial than ever, and doing so begins with measures every individual can take. Here are "10 tips" to remember.

1. Wash your hands frequently - especially before preparing food, before eating, and after using the restroom. Insist that your health care providers wash their hands and use gloves, especially before any invasive treatment or procedure.
2. Don't insist that your physician give you antibiotics if you don't need them. Antibiotics have no effect on illnesses caused by viruses.
3. Keep up-to-date immunizations records for yourself and immediate family members.
4. Keep hot foods hot and cold foods cold, especially when they will be left out for a long time.
5. Take prescribed antibiotics exactly as instructed; do not stop taking them without checking with your physician, even if the medicine makes you feel better or worse.
6. Keep kitchen surfaces clean, especially when preparing meat, chicken, and fish; disinfect kitchen surfaces.
7. Don't share personal items - such as razor blades, tooth brushes, combs, and hairbrushes and don't eat or drink from others' plates or glasses.
8. Don't send your child to a day care center or to a school with symptoms of an infection such as vomiting, diarrhea, and/or fever.
9. Follow safe sexual practices.
10. Always use new syringes when administering medication.



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